

## ABSTRACT

The invention relates to a prophylactic or therapeutic for diabetes mellitus which comprises a growth-hormone secretagogue receptor (GHS-R) antagonist as an active ingredient, as well as a method of lowering the blood glucose level by administering a GHS-R antagonist. The invention further relates to a prophylactic or therapeutic which comprises a GHS-R antagonist as an active ingredient, as well as an appetite suppressant which comprises a GHS-R antagonist as an active ingredient.